

**What is claimed is:**

1. A multi-purpose handle bar comprising :  
a groove, at least one set of force dispersal holes at both sides of the groove,  
of wherein,
- 5 a handle string of a shopping bag being placed into the groove of the  
handle bar thereby enabling comfortably carrying the shopping bag.
2. The multi-purpose handle bar as recited in claim 1, wherein  
two snap holes are at two ends of the handle bar for use with snaps and  
shoulder strap so that the shopping bag can be carried on the shoulder.
- 10 3. The multi-purpose handle bar as recited in claim 1, wherein  
the handle bar is ergonomically curved shaped.
4. The multi-purpose handle bar as recited in claim 1, wherein  
the force dispersal holes are horn shaped and round.
5. The multi-purpose handle bar as recited in claim 1, wherein
- 15 the handle bar is of mono-body construction.